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Hempel (C. J.)

A TREATISE

ON

THE USE OF ARNICA

IN CASES OF

CONTUSIONS, WOUNDS, STRAINS, SPRAINS,

LACERATIONS OF THE SOLIDS,

CONCUSSIONS, PARALYSIS, RHEUMATISM, SORENESS
OF THE NIPPLES, ETC., ETC.

WITH A NUMBER OF

CASES ILLUSTRATIVE OF THE USE OF THAT DRUG.

BY

CHARLES JULIUS HEMPEL, M. D.

NEW-YORK:

WILLIAM RADDE, 322 BROADWAY.

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H. BALLIERE, 219 REGENT-STREET.

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THE USE OF ARNICA.

THE homœopathic preparation of Arnica may be advantageously employed against the effects of *contusions, blows, falls, shocks, bruises, strains, sprains, and lacerations of the soft solids of the body*. It is also a powerful preventive against milk-fever after parturition, and has a decided effect in relieving pain from corns. Arnica is moreover a specific against the pain which is produced by drawing a tooth or setting artificial teeth, and may be used in all surgical operations, particularly after the reduction of dislocations and the replacement of broken bones. In all these cases Arnica should be used in the following way. Mix from fifteen to twenty drops of the tincture of Arnica in a tumbler full of water, and bathe the parts with this solution by applying to them linen which has been previously moistened with it; the moistening may be repeated every hour or every two hours, according as the injury is more or less severe. At the same time it is proper to administer Arnica internally, by dissolving a drop, or six or eight globules, of the 30th dilution in a tumbler full of water, pouring the water ten or twelve times from one tumbler into another, and giving a table-spoonful of this solution every hour, or every two hours, until the pain and the constitutional irritation shall have subsided.

The following cases will illustrate the use of Arnica more fully. (Some of these cases have been extracted from the little pamphlet of Dr. Epps.)

INJURIES OF THE EYES.

Case 1. Mrs. H. was engaged in frying a pancake for her son on the evening of Shrove Tuesday, and a portion of the fat *squirted into her eye*. The agony produced was intense. She applied immediately to a surgeon, who ordered several

remedial means, and to keep constantly applied the solution of the acetate of lead.

I saw the patient about one P. M. the following day. She could not uncover her eye for a moment (such was the intolerance of light) without the most distressing increase of pain. On examining the eye the vessels were turgid, and the eye presented, mixed with the redness, that *peculiar dirty brown color*, so characteristic an appearance of the eye when intense pain, as connected with inflammation, is present. She felt shooting pains in the eye and in the temples: the tears flowed: the parts around the eye and the cheeks were inflamed. She had general feverish heat, and the heat in the eye was intense.

She asked me to treat her. I consented, and gave her instantly three globules of Aconite* to subdue the fever, to be followed in four hours, by two spoonfuls of a mixture, prepared by dissolving four globules of Arnica in four spoonfuls of water, and to repeat, after the first dose of Arnica, a spoonful every four to six hours. I gave her, in addition, thirty globules of Arnica—five or six drops of the tincture—to dissolve in a tumbler of water, and with the liquid thus made, the eye was to be kept constantly moist; and, at night, a poultice prepared with this liquor was to be applied.

On the following day the eye was much better: she could bear the light a little. On the second day the eye was almost well: she continued the Arnica at eight hours' intervals; and, on the third day, the eye was quite well.

Case 2. Mrs. N. A., aged twenty-eight, was running up stairs with the greatest speed, when she struck the angle of the forehead, just over the eye, so forcibly, as to make a wound an inch and a half in length, and a quarter of an inch in width.

The bleeding was profuse.

I was called up at nearly two in the morning. I gave the lady's husband four globules of Arnica to dissolve in four spoonfuls of water, to take two immediately, and one every eight hours: also forty globules of Arnica,† (I had no tincture at hand,) for solution in two wine glasses of water, and to apply the lotion, thus formed, to the wound.

* The globules of Aconite, used in this and the other cases, were impregnated with Aconite at the 30th degree of dilution. The globules of Arnica with the Arnica at the 6th dilution. The tincture was the pure tincture.

† About five or six drops of the tincture.

In eight hours after the use of the Arnica internally, and the application externally, the wound was closed, presenting at the spot scarcely any inflammation, and only a mark, as of a wound newly healed.

The patient was astonished and gratified at the speedy restoration.

Case 3. Mrs. P., married, aged twenty-five; while lying in bed, her child, who was playing in bed, happened to pass her foot across her face, drawing her toe-nail across the eye, which being open, the *transparent cornea was lacerated*. The agony was intense: inflammation immediately supervened. When I saw her, the light was intolerable, the eye was much inflamed, the fever was severe, the face flushed, and there was severe pain in the head. In fact, the symptoms were very threatening. I ordered at once three globules of Aconite, and some Arnica (prepared as in the previous cases) four hours afterwards, repeating the Arnica every eight hours. I ordered the Arnica lotion to be kept applied to the eye: by the evening of the same day she could open her eye, and in less than a week, the laceration was healed, no scar was perceivable, except on minute examination, and all the symptoms had disappeared. At the present time not even a scar is perceptible.

Case 4. A gentleman fell from a carriage, knocking his head against the hard pavement, and bruising his cheek, temple, and eye dreadfully. The swelling was very great and the pain intense. The eye was closed, bloodshot, and the eyelids were lacerated. He used Arnica externally, twelve to fifteen drops in a tumbler full of water, bathing the parts every hour, and internally a drop of the 30th dilution in a tumbler of water, taking a table-spoonful every two hours. The parts were entirely healed in eight days.

CONTUSIONS OF THE EYELIDS OR THE EYEBALLS

Lose all danger, if the tincture of Arnica be applied to the parts immediately after the contusion shall have taken place.

If the eye be wounded, and if some of the humor of the eye leak out, a clean linen poultice moistened with a solution of Arnica should immediately be applied to the wound, which will then heal in a short time.

Case 5. A young girl, running behind a carriage for her amusement, fell with her head against the foot-stays behind, and hit the right upper eyelid. I saw the child half an hour

afterwards. It was believed that the eye was destroyed; the contusion was great; the loss of blood moderate.

Having examined the wound, I found that the eye had been untouched. I re-united the edges of the wound, and applied to it compresses moistened with water containing twenty drops of tincture of Arnica to the ounce. The fomentation was renewed twice in twenty-four hours, and the patient took two globules of the 6th dilution. To my great astonishment the swelling, which had already arisen when the child was first brought to me, had disappeared; the ecchymoses were very trifling; no more inflammation had set in than was necessary for the re-union of the wound; and the cure was effected rapidly.

INJURIES OF THE HEAD.

Case 1. A little girl had fallen down stairs upon her head. She had bruised the left side of the head, and the force of the fall had *lacerated the scalp*. When I saw her she was laboring under severe fever, intense headache, could not hold up her head, great tenderness of the scalp, and she had a swelling as large as a small fist on the left side of the head. During the whole night, previous to my seeing her, she had been moaning and tossing about, in a high fever.

I ordered three globules of Aconite, to be dissolved in six tea-spoonfuls of water; take two at once; and, four hours after, take a similar dose of Arnica, dissolved in a similar way; then to wait eight hours and repeat the Aconite, and four hours after the Aconite, the Arnica; and so, till the whole was consumed.

The child passed a good night; had very little fever; the swelling was diminished; and all the symptoms had improved when I saw her the next day.

The third day she was playing about, and felt quite well.

Case 2. A girl of four years fell, in coming down stairs, on the left side of her face, her nose, and her forehead. She rolled down from the top as far as the first floor.

Her left cheek was red and blue from the contusion, her nose greatly bruised, with abundant bleeding from it, and paleness over the face.

I immediately applied the tincture of Arnica and water, and one globule was taken internally. The child, at the end of some hours, was perfectly well.

The lotions, however, were renewed; and, next morning, nothing could be perceived, excepting a very slight blue mark on the bridge of the nose: no swelling had supervened.

CONTUSIONS OF THE HEAD

May be accompanied by swelling, inflammation, laceration of the scalp, and even rending of the bones of the skull, with or without stupor.

If the contusion be slight, it is sufficient to bathe the part with a solution of Arnica. In severe cases, the hair may be cut off before applying the solution, and Arnica must also be taken internally. Violent contusions require the presence of the doctor; but, until he comes, Arnica should be administered internally; its application is necessary, even if part of the inner table of the skull should have been driven into the brain.

INJURIES OF OTHER PARTS.

Case 1. A young lady was dancing, and ran a splinter into her foot. The splinter went in at the bottom of the foot and came out at the side: it could not be extracted by pulling: it was therefore necessary to remove the subjacent soft parts to extract it. After extraction, the patient took three globules of Arnica, the foot was bathed in water, in which forty drops of the tincture of Arnica had been previously introduced; and, after bathing for five to ten minutes, a poultice, on the surface of which about ten drops of the tincture were dropped, was applied. In four days the foot was almost well, and no inconveniences have resulted.

Case 2. Mrs. W., aged twenty-four years, had received, during her pregnancy, a kick in the abdomen. She concealed it, though suffering much pain, using such means as her own judgment suggested.

As the pregnancy progressed, she suffered much pain from the injury, but still concealed it. After delivery, I was consulted, and found great tenderness at the lower part of the belly, so that she could not bear the weight of clothes, and considerable swelling and pain: in fact, many symptoms indicating the approach of *puerperal peritonitis*; though, from the absence of other symptoms, I felt doubt: while in this doubt, I ascertained the fact, that she had had a kick, and *this* directed me to the use of Arnica, preceded by Aconite. I gave her three globules of Aconite, followed, at four hours' interval, by two of Arnica, repeating a globule of Arnica every day, and, in five days, the tenderness, the swelling, the pain were gone, and she was freed wholly from the to-be-dreaded consequences.

Case 3. I was consulted by a gentleman, Mr. D., who

brought his son, who had *broken in his ear a lucifer match*, in endeavoring to remove some wax. The ear was much inflamed: fever was present: the shooting pains, passing from the ear to the head, were severe; and the past night had been one of continued agony.

I ordered three globules of Arnica in four spoonfuls of water, two spoonfuls immediately, and one every four hours; and a poultice to be applied every eight hours to the ear, on the surface of which five to ten drops of the tincture were dropped.

He passed a better night: his symptoms were much lessened the next day; and on the fourth day he was quite well.

Case 4. Mrs. Upsdill, aged sixty, *jammed her fingers* on Saturday in a door: she came in great agony to me. The nails were blue, the parts squeezed were much swollen, and all round the nails there was a puffiness: an effusion of matter appears to surround the nails, more particularly the nail of the middle finger: she suffers intense *shooting* pains, and feels that she must lose her middle finger nail. Some fever and headache were present.

I ordered Aconite and Arnica, as in the preceding cases, a lotion of Arnica tincture to be used during the day, and a poultice at night: on the next day the pains were gone. There is a white margin round the nail: the blueness is much diminished: the swelling is lessened. She continued the Arnica, quite recovered, and her nail was saved, which I could not have believed possible.

Case 5. A boy, when playing with his school-fellows, was thrown violently on a heap of stones: he fell on his right side; his arm and elbow received the shock of the fall. I did not see him till four hours after the accident. The whole of the arm was swollen, and the pain considerable; it was impossible to move it; and, at the least handling of it, the child could not restrain his tears and cries.

There was neither fracture nor dislocation. I prescribed a globule of Arnica of the 6th dilution, and a fomentation of water and Arnica to the limb. The pain was increased for several instants; but, about two hours afterwards, the child suffered much less.

The same treatment was continued next day. On the third day, the child began to move the arm; the pains had become very feeble; the swelling considerably diminished.

I prescribed a third dose of Arnica, and a lotion night and morning. In a few days all was restored to order; the child returned to school about the eighth day after the accident, and he has not retained any trace of that violent injury.

BOILS.

Arnica is a specific against boils, when used internally, not externally. Not all sores, however, can be cured by Arnica, as the following case may show :

Case 1. Mr. W. broke his knee-pan about four years since. After the accident he had eleven ulcers in his leg, for which he had been under surgical treatment without any permanent benefit. By the recommendation of a non-professional homœopathist, who had experienced the benefits of Arnica, he, Mr. W., applied Arnica lotion, and the sores *healed*, much to his astonishment and gratification.

In this case the Arnica exerted its healing power, but it was used unwisely, and *only* externally. The consequence was that the constitutional state, which occasioned these sores, remained untouched, and Mr. W. came, about ten months after the healing of the sores, to consult me for severe constitutional symptoms.

The sores again broke out, and they and the constitutional affections were permanently healed and cured by homœopathic doses of *Lycopodium*, *Sulphur*, and *Hepar Sulphuris*.

CONTUSIONS

Of any kind are easily and speedily healed by Arnica.

CONTUSIONS OR LACERATIONS OF THE FEMALE PARTS, during a hard labor, are easily healed by applying to them poultices of clean linen, moistened with the tincture of Arnica. See page 3.

MILK-FEVER.

One dose of Arnica should be taken after every labor, to prevent the milk-fever ; Arnica is a sure preventive against this fever ; two or three globules at a dose.

SORE NIPPLES

Are cured by bathing them, once a day, with a solution of Arnica. Before giving suck to the baby, the nipples should be washed with water for the purpose of removing the alcohol.

CONTUSIONS OF THE HANDS AND FEET, FINGERS OR TOES, by means of a blow with a hammer or other hard body, or by jamming them in a door, are easily cured by Arnica. See page 3.

CONTUSIONS OF THE JOINTS OF THE HANDS AND FEET, are easily and thoroughly cured by Arnica. I shall illustrate this by two cases.

Case 1. While jumping out of a carriage, a young lady's foot became entangled, and the horses dragged her along to a considerable distance. The foot was turned outwards. The surgeon having reduced the dislocation, he applied bandages moistened with a solution of the tincture of Arnica. The foot was kept quiet, and the bandage was occasionally moistened with that solution, without being taken off. In thirty-six hours the lady was able to walk about with the bandage, and in three days she used her foot as usual.

Case 2. A porter, carrying two thousand dollars on his shoulders, slipped in going down the steps. He felt a concussion throughout the whole frame, but especially in one of the joints of the foot. The foot was very painful, and swelled considerably. The man was near fainting. The symptoms were completely removed in a few hours by washing the foot with a solution of Arnica.

BLISTERS

On the feet, occasioned by walking, are easily removed by occasionally washing the feet with a solution of the tincture of Arnica ; five or six drops in a tumbler full of water.

CORNS,

When inflamed or otherwise painful, are often permanently relieved, and sometimes entirely cured, by the use of Arnica ; the corn ought to be cut first, and then bathed with Arnica ; five or six drops of the tincture in a wine-glass full of water ; the bathing to be repeated night and morning.

SEVERE FATIGUE.

In cases of severe fatigue from long walking, and from *un-usual* muscular exertion, Arnica may be employed with great benefit *internally*. Give two or three globules before going to bed.

TENSION AND HEAT.

Feelings of tension and heat and swelling of the face, which are often produced by travelling on coaches or railways,

may be relieved by Arnica, taken internally, and bathing the parts with a weak solution of Arnica ; as mentioned page 3.

PAIN IN THE HANDS,

Occasioned by rowing or any other unusual and fatiguing manual labor, may be relieved by washing them with a solution of Arnica. See page 3.

SMALL-POX.

Doctor Epps says that he has used the Arnica globules in the treatment of small-pox, with great success, at that stage of the pustular formation, when the maturation is nearly completed. At this period the cheeks are swollen, turgid, and smart intensely, and the sufferer begs for relief: given then, Arnica, about three globules, will act as a charm, because homœopathic [see Hahnemann's *Materia Medica*, symptoms, 98, 99, 100, 102, 103], the use of Arnica being preceded or not, as the fever may dictate, by Aconite.

WOUNDS.

A sharp instrument penetrated a lady's index-finger. The wound did not bleed, but violent plunging pains soon took place in the finger ; the veins swelled ; the finger became hard ; the pains extended along the fore-arm and the arm as far as the axilla ; and the heat was very great in the part which had received the injury. One drop of the tincture of Arnica dropped upon the wound, produced instantaneous relief, and the wound healed without any further applications.

CONCUSSION OF THE BRAIN

Is often accompanied by congestion, depression of the cerebral action, stupor, etc. All these symptoms are either prevented or relieved by speedily washing the part which has received the shock, with the tincture of Arnica, which should, at the same time, be given internally. A linen poultice may be applied to the part, and moistened more or less frequently, according as the injury is more or less considerable. As soon as the above-named symptoms have disappeared, the use of Arnica must be stopped ; the rest is to be left to nature.

The smaller vessels of the brain, when sore, have frequently been healed by Arnica. Secondary hemorrhage in the

brain, congestion of blood, secondary suppurations and effusions of lymph, have frequently been prevented by the proper and speedy application of the tincture of Arnica.

The following two cases will show that Arnica may sometimes even restore health, when the concussion had already lasted for a good while.

A strong man of sixty years, who was addicted to drinking, had fallen through a trap-door into a cellar. Several hours afterwards he was found, apparently lifeless, with his head lying upon the fragments of some earthen vessel, the feet resting upon the staircase, and the blood having rushed from nose, mouth, and ears. He had been revived by washing him with vinegar and water, by introducing vinegar into his mouth, and by causing him to smell of the spirits of hartshorn. During the night he lay in a state of stupor. In the forenoon he had frequently been attacked by shiverings and vomiting, the latter especially after eating soup. He was unable to lift up the right arm without help. I was sent for in the afternoon.

On the right side of the forehead, in the neighborhood of the borders of the hair, I discovered a wound of about one quarter of an inch in length, both ears being full of blood. The right side of the face was tinged blue by congested blood; the whole right half of the head was very painful; the right side of the neck, chest and upper arm was swollen, and marked with congested blood; he was unable to lift up the right arm without help; he felt thirsty, was constantly desirous of blowing his nose, which was all the time accompanied by bleeding at the nose; the vessels of the cornea were distended with blood; there was also congestion of blood behind the conjunctiva.

The head having been shaved, the wounded part was washed with the undiluted tincture of Arnica. I then caused a linen poultice, moistened with a solution of half tincture of Arnica and half water, to be applied to the head and the other injured parts, and administered every four hours a table-spoonful of a mixture of three drops of the tincture of Arnica, and half a pound of water. The next day the man talked delirious; this he had done already the day before. He answered the questions that were put to him, but he was unable, in his rational moments, to remember the things which he had said during the period of his delirium. There came less blood from the nose when blown, the distention of the blood-vessels of the eye was diminished, so was the swelling. I now saw that the right clavicle was broken, and obtained, moreover, the certainty that there was inflammation of the brain. This disappeared on the

day following, the delirium disappeared likewise entirely, the swelling and the congestion of the vessels decreased ; the vomiting ceased, and the stools became normal.

On the 5th day after the fall, I reduced the clavicle. All the symptoms had now disappeared, except a yellowish tinge of the places where the blood had become strongly congested. These continued to be washed twice a day with one part of the tincture of Arnica and four parts of water ; finally they were only washed once.

Six days after the fall, the patient attended to his domestic affairs, ate with appetite, slept easily, and had no pain whatsoever in any part of his body. His intellectual functions were perfectly restored ; but he was unable either to recollect his fall or his delirium. The healing of the clavicle was the only thing yet to be accomplished.

Case 2. A stout young man fell from his horse, and was dragged along to a considerable distance. He was picked up in a state of stupor. On my arrival, the stupor was occasionally interrupted by clear moments ; this had been effected by causing the patient to smell of the spirits of Hoffmann. I applied Arnica in the same way as in the previous case. The next day he was able to walk out. All that was required to be done, was to wash the head occasionally with a solution of Arnica. The head was yet slightly tinged with congested blood ; this symptom disappeared in two days.

CONCUSSION OF THE CHEST

Is often accompanied by congestion of blood in the chest, difficulty of breathing, disorderly beating of the heart, expulsion of blood, suffocation and apoplectic fits. To prevent these symptoms, the chest must be rubbed with the tincture of Arnica *immediately* after the accident, poultices of a solution of Arnica must then be applied as mentioned above, and Arnica administered internally. The slightest delay may prove fatal.

If blood-vessels should have been ruptured during the accident, Arnica must still be applied. The speedy application of Arnica may prevent the rupturing of blood-vessels from taking place. When such an accident takes place, the physician ought to be sent for immediately ; Arnica may be employed until his arrival.

CONCUSSION OF THE ABDOMEN AND PELVIS

Is accompanied in most cases by contusions of their contents ; they are either the result of a blow, fall, or thrust. The

integuments generally remain uninjured, and the pain in the beginning is very slight; it increases in a little while. Not only the blood-vessels, but even the stomach, the liver, spleen, kidneys, bladder, or an intestine, may be torn by such a concussion. Even if the contusion or concussion were ever so slight, the tincture of Arnica should be used in the manner which has been pointed out for concussion of the brain and chest. Even after some time has already elapsed after the accident occurred, the tincture of Arnica may yet be used with advantage; but not, when real inflammation has already set in.

CONCUSSION OF THE SPINAL MARROW,

Whether accompanied or not by contusion, and resulting from a shock, fall, blow, or a knocking of the spinal column against a hard substance, is just as dangerous as concussion of the brain. The symptoms of a concussion of the spinal marrow develop themselves more slowly, but they are very prejudicial to health. In this accident the tincture of Arnica should be used as before.

PARALYSIS OF THE BLADDER

May be occasioned by a pressure upon or a contusion of this organ; or it may be owing to a badly managed inflammation of the bladder. If the paralysis be not too far advanced, it may be cured by rubbing the region of the bladder with the tincture of Arnica, two or three times a day, and taking Arnica internally.

PARALYSIS OF THE ARMS,

Or rather excessive pain of the arms, with pain of the muscles of the chest, when produced by great physical exertions, may be relieved by washing the parts with the solution of Arnica. See page 3.

PARALYSIS OF THE THIGHS

Is sometimes occasioned by the contact of cold air with the small of the back, when this part is covered with perspiration. This kind of paralysis, when recent, may be relieved by rubbing the parts with the tincture of Arnica and taking the remedy internally.

PARALYSIS OF THE HIND-LEGS OF HORSES AND ASSES,

When caused by carrying too heavy burthens, may be cured by rubbing the spinal column with the tincture of Arnica, and giving every two or three days a drop of the tincture in a table-spoonful of water internally. - At the same time the animal ought to be well fed, and kept without work for some time.

SPURIOUS PLEURISY

Has a specific in the preparation of Arnica; take one or two doses of two or three globules each, internally.

RHEUMATISM,

Which originates in a cold, deranges the functions of the skin, is of a drawing, boring character, has its seat in the fibrous tissues, and which is not a part of a deeper seated constitutional disease, may, when recent, be cured by the internal administration of Arnica. Spurious Pleurisy belongs to this class of Rheumatism.

AFFECTIONS OF THE LOWER ANIMALS.

Dr. Epps relates the following three cases, showing the use of Arnica, in the affections of the lower animals:

Case 1. A horse fell upon the pavement, and struck the shoulder with great violence. A few minutes after he was raised, the shoulder became swollen, the extremity stiff and very painful to bend; the animal could not remain upon it. A veterinary surgeon recommended a full bleeding and two setons at the shoulder, and gave a most unfavorable prospect as to the final result. His advice was not adopted; but the part was gently rubbed with a large tea-spoonful of the tincture of Arn. morning and night, and a drop of the tincture of the 30th attenuation was given on a piece of sugar every evening. The first day, the horse had only hay, the limb being very hot, also the ears and the nostrils: the following day half a feed of oats: the third day, an entire ration: the fourth day, the horse was able to undertake duty.

Case 2. Another horse, whose hoof had been much injured by a heavy wagon passing over it and resting upon it. When the hoof was withdrawn, the foot bled much at the frog and at the back part. On the fourth day the horse went to work; the only inconvenience being that the hoof, where crush-

ed, was so injured, as to cause the foot to be sensible to the stones for six months, and rendered the use of a plate necessary, until the place of the injured nail was supplied by a new nail. No other means than those described in the preceding case were used.

Case 3. Of a friend, whose Italian greyhound, in clearing an iron-spiked fence, was spiked upon it, tearing the skin off the inside of the leg all the way up to the body itself. The poor creature on being removed was found severely lacerated. The dog-treater ordered salt to be applied: the lady could not consent; but having some Arnica tincture, applied a dilution of it, and gave the dog every third day ten globules of the Arn. and in a few days the parts were healed, and the only appearance of the injury is a black mark in the skin in the course of the laceration.

Contusions of the backs of horses, occasioned by the pressure of saddles, or any other injuries of the skin of horses, cattle, etc., when the parts swell, are cured by Arnica. The wounds should be guarded against dust or dirt.

HOMŒOPATHIC MEDICINE.

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